

Drug and Alcohol Free Activities

Enabling Learning Objective

Select from a list drug and alcohol free activities.



Drug and Alcohol Free Activities

- ▮ Your local ASAP should have listings of alcohol and drug free activities available on and/or near your installation. Obtain listings and copies of flyers to post on your bulletin board.**
- ▮ Unit sponsored activities such as Christmas, Thanksgiving, Halloween, New Years, and Super Bowl parties should offer alcohol free alternatives.**
 - ▮ Ensure that soda, water, tea, coffee, and/or punch is available for non-drinkers.**
 - ▮ Provide non-alcoholic beer and/or cocktails such as daiquiris and margaritas.**
 - ▮ Ensure that designated drivers are available to provide transportation for drinkers.**



Drug and Alcohol Free Activities

- ▮ Many Soldiers say “There is nothing to do here, except drink”; here are a few alternatives to alcohol use and/or abuse:
 - ▮ **By one’s self:** Read a book, do a correspondence course, put a puzzle together, play a video game, watch a movie, write a letter, keep a journal, build a model, call a friend, go to the gym or for a run, go to the craft shop, surf the internet (computers are available on most installations for Soldier use), listen to music, go shopping, or bake something.



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▮ Other Activities

- ▮ **With Friends:** Play a video game, a board game or DVD game; rent or go to the movies; go shopping; play racquetball, tennis, football, workout or play some other sport; listen to music or go dancing; play pool or ping pong.
- ▮ **Volunteer** as a scout leader, big brother or sister, coach, or other youth activity.



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- ▮ **Other Activities**
 - ▮ **Get involved** with your local church, BOSS Program or other social group.
 - ▮ The main idea is that Soldiers can find something to do other than drink. It's nothing more than a matter of choice, and willingness to look for something else to do. Your job is to remind them of the other activities available to them.